



Coordinators' Communique

State Health Plan Prevention Partners

September/October 2008

Health Seminars

“Stroke is No Joke” at Orangeburg-Calhoun Technical College, Orangeburg, SC, September 18, 2008. Time: 12:00PM – 1:00PM. Contact Ramsey Makhuli at 803-737-3823 for more information.

Club Sugar: Diabetes Program – Part One (Three Series Offered) at SC Budget and Control Board, Columbia, SC, September 18, 2008. Time: 12:00PM – 2:00PM. Contact Ramsey Makhuli at 803-737-3823 for more information.

Pink Ribbon Tea – Breast Cancer Awareness Month Event at Seawell's, in Columbia, SC on Monday, October 20, 2008. Time: 2:00PM – 3:30PM. To register, contact the American Cancer Society at 803-750-1693 (Columbia Area) or 877-227-9398 (toll-free outside the Columbia area).

Living with Diabetes: Nutrition Seminar at Anderson Civic Center, Anderson, SC, October 28, 2008. Time: 12:00PM – 2:00PM. Contact Ramsey Makhuli at 803-737-3823 for more information.

Regional Screenings

Prevention Partners offers Regional Screenings for retirees, spouses and for those that have missed a screening held at their worksite. Subscribers of the State Health Plan, BlueChoice, Cigna and MUSC Options are eligible to participate in the preventive worksite screening benefit. The cost of the preventive worksite screening is \$15 for eligible subscribers.

September and October Regional Screenings

1. **Columbia Regional Screening, Wednesday and Thursday, September 10-11, 2008 - Capital Center Building, 8th Floor, 1201 Main Street, Columbia, SC.**
2. **Rock Hill Regional Screening, Wednesday, October 15, 2008 – Catawba Regional Center, 215 Hampton Street, Rock Hill, SC.**

Please contact Elliott McElveen at 803-737-0112 or emcelveen@eip.sc.gov (email) if you have any questions concerning the screening benefit or to receive a regional screening registration form.

Free and Clear® Quit For Life™ Program

The research-based **Free and Clear® Quit For Life™ Program** is available at no charge to State Health Plan, BlueChoice® HealthPlan and MUSC Options subscribers and their covered dependents (18 and older). When you call, your eligibility will be verified, and you will be promptly referred to a quit coach.

A Free & Clear quit coach works with you to create a personalized “quit plan.” You can make unlimited incoming calls to Free & Clear and receive free tobacco treatment products (nicotine patches, lozenges and gum) for the entire program period. Free & Clear also may recommend that your doctor give you a prescription for a smoking cessation drug, such as bupropion or Chantix (prescription drug co-pay applies). All three plans cover bupropion as a generic drug and Chantix as a preferred brand.

You receive up to five calls from your quit coach during the program period. The toll-free line is available from 8 a.m. to midnight (Eastern time), seven days a week. After the 12-month program, if you still need assistance from Free & Clear, you may re-enroll in the program. Call 866-QUIT-4-LIFE (**866-784-8454**) to enroll.

Weight Management Program

State Health Plan subscribers and their dependents age 18 and older may participate in the *My Health Essentialssm—Weight Management Program*. If you are a State Health Plan subscriber or dependent, call 803-699-3337 (Greater Columbia area) or 800-925-9724 (toll-free outside the Columbia area). Follow the prompts. As a “member,” press 2. Then press 2, the number for “all other inquiries.” When you reach an operator, ask to speak with a coordinator in the Weight Management Program.

My Health Essentialssm—Weight Management Program is a **confidential** program designed to help you lose weight. Enrolled program participants will receive a weight management guide and kit. Approximately one week later, a registered nurse will call you to administer the program survey.

My Health Essentialssm—Weight Management Program can help you to:

- Understand your weight
- Assess your weight and set goals
- Manage your weight
- Learn how to design your weight management program

Weight loss programs are also offered by the health maintenance organizations available through the Employee Insurance Program. If you are a member of the **BlueChoice HealthPlan**, call 800-327-3183, ext. 25068. **CIGNA** subscribers can call Member Services at 800-244-6224 or go to www.cigna.com.